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ABSTRACT

Suggestions on when to seek professional counseling are detailed in this book. The question "What is therapy?" is posed at the beginning. Several anecdotes illustrating crisis situations are offered, followed by a definition of therapy: the process of treating a problem that gets in the way of effective living. This treatment can include self-therapy, informal therapy (help from friends or relatives) or formal therapy with a professional. Suggestions on how to determine if therapy is necessary are presented, with advice on factors influenced by biology, personality, perception, external events, and financial resources. If therapy is called for, tips on selecting a therapist are offered, with overviews of the types of therapists and the types of therapy. Since money is usually a concern, an entire chapter is devoted to insurance and managed care. Seeing a therapist begins a new process and what patients can expect--from assessment, to treatment plans, to the therapist's role, to the client's role, to problem solving/problem management--are discussed. The last chapter presents an overview of the entire process. (RJM)

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